

FACE THE *facts*



FACE YOUR *Health*

PROTECT *Yourself* FROM CERVICAL CANCER

Studies show that African American women are more likely to die from cervical cancer than other women in the United States.

This doesn't have to happen. Cervical cancer is easy to treat, if you find it early. Here's what you can do.

Know Your Risk

- ▶ Most cervical cancer is caused by a virus called the human papillomavirus, or HPV.
- ▶ You get HPV from sexual contact.
- ▶ Most of the time, HPV doesn't cause any health problems and goes away on its own.
- ▶ But sometimes, HPV causes problems with your cervix. In rare cases, it can turn into cervical cancer.

Get Screened

Regular screening can prevent cervical cancer or help find it early when it's easy to treat.

- ▶ **At age 21**, start getting a Pap test every 3 years to screen for cervical cancer.
- ▶ **From age 30 to 65**, you can get a Pap test every 3 years, OR an HPV test every 5 years, OR a Pap test and an HPV test together every 5 years (co-testing).
- ▶ **After age 65**, you may be able to stop screening OR you may need to get screened if you haven't been screened in awhile and have not had a hysterectomy. Talk with your doctor.

Be the Face of Change

- ▶ Talk with your community health worker. Ask where you can get screened. She can help find a place that's right for you.
- ▶ Make a promise to yourself and make an appointment today!

Remember: One screening is not enough. Regular screening can help prevent cervical cancer or find it early when it's easier to treat. Get a Pap test every 3 years. Or get an HPV test, or an HPV test and a Pap test together, every 5 years.

Community Health Worker's Name: _____

Phone/Email: _____

